

# **2005 Montana Youth Risk Behavior Survey**

## **Risk Behaviors of Montana Youth**

### **Smokers vs. Nonsmokers**

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Prepared for

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#### **Montana Youth Risk Behavior Survey**

The Montana Youth Risk Behavior Survey (YRBS) is administered by the Montana Office of Public Instruction every two years to 7th and 8th grade students and to high school students. The purpose of the survey is to help monitor the prevalence of behaviors that not only influence youth health, but also put youth at risk for the most significant health and social problems that can occur during adolescence. While all schools in Montana can participate in the survey on a volunteer basis, approximately 50 high schools are randomly selected to be included with high schools from other states for national data and reports.

The 2005 YRBS was conducted in February of 2005 with 9,178 7th and 8th grade students and 10,259 high school students. This represents approximately 38 percent of all 7th and 8th grade students and 21 percent of all high school students in Montana. Schools administering the survey were provided with detailed written instructions on conducting a random survey in their schools. To encourage accurate responses to sensitive questions, a strict protocol was implemented to protect the privacy and confidentiality of all participating students.

#### **Survey Validity and Limitations**

Data used in this report from the 2005 Youth Risk Behavior Survey are not based on a random sample survey. Therefore, it would not be valid to generalize the findings from this survey to all 7th and 8th grade and high school students in Montana. It is only valid to attribute the results of this survey to the students who reported their behaviors in response to the items in the questionnaire. In addition, respondents in self-reported surveys may have a tendency to underreport behaviors that are socially undesirable, unhealthy, or illegal (alcohol consumption, drug use, seat belt non-usage, etc.) and overreport behaviors that are socially desirable (amount of exercise, etc.).

#### **Montana Youth Who Smoke**

In Montana during 2005, an estimated 11 percent of 7th and 8th grade students and 21 percent of high school students had tried smoking a cigarette in the 30 days prior to taking the survey. More alarming is the fact that two percent of 7th and 8th grade youth and six percent of all high school youth had smoked on all 30 days prior to taking the survey. Furthermore, the 2005 data indicate that there may be differences in smoking among youth depending on racial classification. Montana youth who identify themselves as nonwhite tend to include a higher percentage of smokers than those who identify themselves as white. Approximately 24 percent of nonwhite 7th and 8th grade students reported smoking in the 30 days prior to taking the survey while 8 percent of white students reported smoking in the same time period. A similar situation exists at the high school level. Forty-two percent of nonwhite high school students reported smoking in the 30 days prior to taking the survey compared to 21 percent of the white students.

Are Montana youth who smoke more apt to engage in other high-risk behaviors than nonsmokers? For example, are youth who smoke more likely to also use alcohol, use marijuana or inhalants, fight with other students, use chewing tobacco, or be sexually active? These questions were investigated using a cross-tabulation of the 2005 Montana YRBS data. The results of this investigation are reported in the following section of this report.

## **Survey Results**

For the purposes of the report, youth that are classified as smokers are those Montana youth in 2005 that reported smoking on at least one day of the 30 days prior to taking the YRBS. The risk behaviors that were investigated are listed in Figure 1 for 7th and 8th grade students and in Figure 3 for high school youth.

Results of the investigation indicate the following:

- **Montana youth who smoke are more likely to have used/abused alcohol than youth who do not smoke.**

Montana 7th and 8th graders who smoke are four times more likely (68 percent vs. 17 percent) than nonsmokers to have had at least one drink of alcohol in the 30 days prior to taking the survey. Similarly, Montana high school youth who smoke are over twice as likely (81 percent vs. 35 percent) to have had a drink of alcohol in the 30 days prior to taking the survey. Montana 7th and 8th graders who smoke are nine times more likely (27 percent vs. 3 percent) than nonsmokers to have driven a car after drinking alcohol in the 30 days prior to taking the survey. Montana high school youth who smoke are about four times more likely (42 percent vs. 11 percent) to have driven a car after drinking alcohol than nonsmokers.

Montana 7th and 8th graders who smoke are over eight times more likely (53 percent vs. 6 percent) than nonsmokers to have been involved in binge drinking (five or more drinks of alcohol in a row) in the 30 days prior to taking the survey. Montana high school youth who smoke are over three times more likely (69 percent vs. 21 percent) to have been involved in binge drinking.

- **Montana youth who smoke are more likely to have used methamphetamines than youth who do not smoke.**

Montana 7th and 8th graders who smoke are far more likely (18 percent vs. 1 percent) than nonsmokers to have used methamphetamines in the 30 days prior to taking the survey. Similarly, Montana high school youth who smoke are more likely (21 percent vs. 2 percent) to have used methamphetamines in the 30 days prior to taking the survey.

- **Montana youth who smoke are more likely to have used chewing tobacco than youth who do not smoke.**

Montana 7th and 8th graders who smoke are ten times more likely (30 percent vs. 3 percent) than nonsmokers to have used chewing tobacco in the 30 days prior to taking the survey. Similarly, Montana high school youth who smoke are four times more likely (35 percent vs. 9 percent) to have used chewing tobacco in the 30 days prior to taking the survey.

- **Montana youth who smoke are more likely to have used marijuana than youth who do not smoke.**

Montana 7th and 8th graders who smoke are 16 times more likely (48 percent vs. 3 percent) than nonsmokers to have used marijuana in the 30 days prior to taking the survey. Similarly, Montana high school youth who smoke are over five times more likely (52 percent vs. 9 percent) to have used marijuana in the 30 days prior to taking the survey.

- **Montana youth who smoke are more likely to have, in their lifetimes, sniffed glue or used inhalants to get high than youth who do not smoke.**

Montana 7th and 8th graders who smoke are over three times more likely (48 percent vs. 11 percent) than nonsmokers to have sniffed glue or used inhalants to get high in their lifetimes. Similarly, Montana high school youth who smoke are over three times more likely (32 percent vs. 9 percent) to have sniffed glue or used inhalants in their lifetimes to get high.

- **Montana youth who smoke are more likely to be sexually active than youth who do not smoke.**

Montana 7th and 8th graders who smoke are over seven times more likely (37 percent vs. 5 percent) than nonsmokers to have had sexual intercourse during the three months prior to taking the survey. Similarly, Montana high school youth who smoke are over two times more likely (56 percent vs. 21 percent) to have had sexual intercourse in the three months prior to taking the survey.

- **Montana youth who smoke are more likely to have been in at least one fight in the 12 months prior to taking the survey than youth who do not smoke.**

Montana 7th and 8th graders who smoke are more likely (75 percent vs. 37 percent) than nonsmokers to have been in a fight in the 12 months prior to taking the survey. Similarly, Montana high school youth who smoke are over twice as likely (49 percent vs. 23 percent) to have been in a fight in the 12 months prior to taking the survey.

- **Montana youth who smoke are more likely to have attempted suicide than youth who do not smoke.**

Montana 7th and 8th graders who smoke are over three times more likely (33 percent vs. 9 percent) than nonsmokers to have attempted suicide during the 12 months prior to taking the survey. Similarly, Montana high school youth who smoke are twice as likely (21 percent vs. 10 percent) to have attempted suicide in the 12 months prior to taking the survey.

- **Montana youth who do not smoke are more likely to think of themselves as being at “about the right weight” than youth who smoke.**

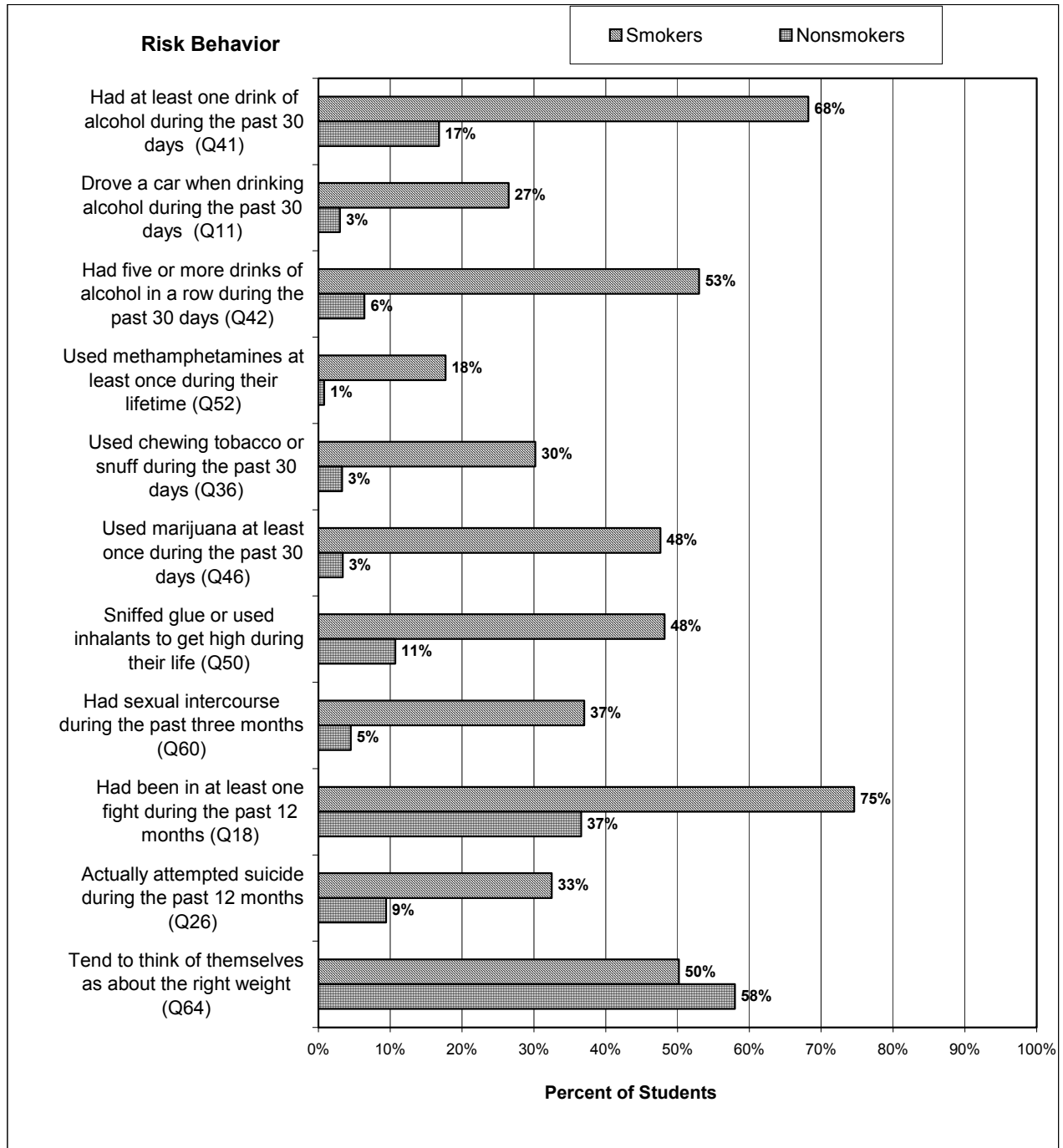
Montana 7th and 8th graders who do not smoke are more likely (58 percent vs. 50 percent) than smokers to think that they are about at the right weight. Similarly, Montana high school youth who do not smoke are more likely (57 percent vs. 47 percent) to think of themselves as being at about the right weight than high school youth who smoke.

Clearly, Montana youth who smoke also place themselves at higher risk for negative health consequences from other undesirable behaviors than youth who do not smoke. This association exists in every behavior risk category, including diet.

**Table 1**  
**2005 Youth Risk Behavior Survey**  
**Risk Behaviors of Smokers vs. Nonsmokers**  
**Montana 7th and 8th Grade Students**

| Health Risk Behavior  | Smokers | Nonsmokers |
|---|---------|------------|
| Had at least one drink of alcohol during the past 30 days (Q41)           | 68.2%   | 16.8%      |
| Drove a car when drinking alcohol during the past 30 days (Q11)           | 26.5%   | 3.0%       |
| Had five or more drinks of alcohol in a row during the past 30 days (Q42) | 53.0%   | 6.4%       |
| Used methamphetamines at least once during their lifetime (Q52)           | 17.7%   | 0.8%       |
| Used chewing tobacco or snuff during the past 30 days (Q36)               | 30.2%   | 3.3%       |
| Used marijuana at least once during the past 30 days (Q46)                | 47.6%   | 3.4%       |
| Sniffed glue or used inhalants to get high during their life (Q50)        | 48.2%   | 10.7%      |
| Had sexual intercourse during the past three months (Q60)                 | 37.0%   | 4.5%       |
| Had been in at least one fight during the past 12 months (Q18)            | 74.6%   | 36.6%      |
| Actually attempted suicide during the past 12 months (Q26)                | 32.5%   | 9.4%       |
| Tend to think of themselves as about the right weight (Q64)               | 50.2%   | 58.0%      |

**Figure 1**  
**2005 Youth Risk Behavior Survey**  
**Risk Behaviors of Smokers vs. Nonsmokers**  
**Montana 7th and 8th Grade Students**



**Table 2**  
**2005 Youth Risk Behavior Survey**  
**Risk Behaviors of Smokers vs. Nonsmokers**  
**Montana High School Students**

| Health Risk Behavior  | Smokers | Nonsmokers |
|---|---------|------------|
| Had at least one drink of alcohol during the past 30 days (Q41)           | 81.4%   | 34.8%      |
| Drove a car when drinking alcohol during the past 30 days (Q11)           | 42.3%   | 10.5%      |
| Had five or more drinks of alcohol in a row during the past 30 days (Q42) | 69.2%   | 20.9%      |
| Used methamphetamines at least once during their lifetime (Q52)           | 21.4%   | 2.0%       |
| Used chewing tobacco or snuff during the past 30 days (Q36)               | 35.1%   | 8.5%       |
| Used marijuana at least once during the past 30 days (Q46)                | 51.6%   | 8.6%       |
| Sniffed glue or used inhalants to get high during their life (Q50)        | 32.0%   | 8.6%       |
| Had sexual intercourse during the past three months (Q60)                 | 56.2%   | 21.1%      |
| Had been in at least one fight during the past 12 months (Q18)            | 48.9%   | 23.2%      |
| Actually attempted suicide during the past 12 months (Q26)                | 21.1%   | 9.6%       |
| Tend to think of themselves as about the right weight (Q64)               | 47.1%   | 56.7%      |



**Figure 2**  
**2005 Youth Risk Behavior Survey**  
**Risk Behaviors of Smokers vs. Nonsmokers**  
**Montana High School Students**

